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**BAD GIRL
FILM NOT
GOOD TO GO
WITH LILO**

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Monday, August 22,
2011

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News worth
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Different. Strokes



► Racers get ready to paddle in the 400-metre stretch during the semifinals at the Edmonton Dragon Boat Festival at Louise McKinney Park yesterday. The 15th annual festival drew teams from all over to compete in the North Saskatchewan over three days.

SHELLEY WILLIAMSON/METRO

Homes destroyed by 'intense' Leduc blaze

► Damage pegged at \$1.6M to \$2M by city officials in massive fire that affected six homes ► Cause not known, but RCMP calling the Suntime subdivision inferno 'suspicious'



SHELLEY WILLIAMSON
@METRONEWS.CA

RCMP are investigating after a devastating fire ripped through a sleepy Leduc street just after 2 a.m. yesterday, reducing four homes to ash and severely damaging two more.

It was an emotional return from the lake for Greg Stephenson yesterday afternoon after getting a phone call about the fire.

"I'm assuming my top floor is gone," said Stephenson. "And obviously my neighbours' (home) is gone," Stephenson said, adding his daughters were pretty shaken at the sight of the ruins.

"I have two young girls that start school in two weeks," he

said. "They can grasp the damage by looking at it, but they don't really understand."

The affected and adjacent homes in the Suntime neighbourhood were evacuated as about 35 firefighters battled the early-morning inferno.

Crews were sifting through the rubble, investigating and putting out hotspots, yesterday.

"It was a bit of a mess for first crews," said City of Leduc Fire Department Capt. Dale Wilson. "We got the call around 2:09 and when original trucks arrived, three homes were fully involved."

Const. Krysteen Fitzgerald of Leduc RCMP said the fire is being treated as suspicious because there was no "obvious" cause.

Witnesses and residents are



► One of six homes affected by a fire early yesterday.

being interviewed as the cause is investigated.

"We evacuated a bunch of residents, so there are a lot of people to talk to," she said, adding RCMP victim services also stepped in to help those displaced by the fire.

No injuries were reported in the blaze.

Dragon boat racers paddle it out

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Charges laid in city's 35th homicide

Edmonton police made an arrest and laid charges against a 26-year-old man in the city's 35th homicide, which happened Thursday night.

Police have charged Steven Heer with second-degree murder in the death of 59-year-old Mohan Heer.

The elder Heer was allegedly struck by a vehicle and pinned against the steps of a Magrath neighbourhood around 9 p.m. Thursday. It's believed a family disagreement was at the root of the incident.

Heer makes his first court appearance this morning at 9 a.m. ● METRO

Stabbing leaves man critical

One man was left with critical injuries after a north-end stabbing around midnight Saturday, according to police.

Police arrived to the scene of a strip mall at 80th Street and 119 Avenue after reports of a man having been stabbed.

Upon arrival, police located the victim and he was treated on scene and then transported to hospital, where his last-known condition was critical.

Reports indicate the victim's attacker may have fled in a black BMW.

Police continue to investigate. ● METRO



► A street performer spins in a giant hoop in front of TransAlta Arts Barns at the Edmonton International Fringe Theatre Festival, which wrapped up yesterday with record numbers.

Fringe festival busts out at the seams

- Ticket sales surpassed the 100,000 mark by Saturday
- Attendance up 20 per cent across the board over 11-day festival



SHELLEY WILLIAMSON
@METRONWS.CA

Proving it's still possible to win popularity contests after 30, the Edmonton International Fringe Theatre Festival closed its curtains to record attendance and ticket sales last night.

While attendance numbers weren't officially tallied at press time, organizers believe the 11-day non-juried fest finally surpassed the half-million mark for indoor and outdoor shows.

"It was the perfect storm," said Thomas Scott, program director at Fringe

Theatre Adventures, crediting weather and the marking of its 30th anniversary, among other factors.

"Edmontonians love this festival and they made it what it was," said Scott.

Among other merits to the annual indie-theatre extravaganza was breaking the 100,000 ticket-sales mark, up from last year's 92,000, said Scott.

"We saw numbers we hit in 2009," he noted.

KidsFringe also saw record attendance shattered, and even the street-performance pots were sweetened this year, said Scott: "They had such variety, and they made some of

the best hats in the world here this year," he said.

Scott lauded the quality of artists, plus the staff, volunteers and Julian Mayne, longtime Fringe executive producer, with the festival's growing success.

"This is the next level for the Edmonton International Fringe Theatre Festival."

For those not quite ready to turn in their Fringeopolis citizenship, seven holdover acts — a blend of local, national, international, newcomers and veteran thespians — have been selected for encore performances, from Aug. 24 through 28.

Fringe fallout

- Seven shows will be featured in "holdover" performances at the Holy Trinity Church and the Westbury from Wednesday through Sunday. For tickets, visit fringetheatre.ca. Tickets are \$12 for seniors and \$15 for adults.

- In addition to more Bring Your Own Venues this year, where performers sought out spaces to put on shows, Sustainival, a midway run off recycled veggie oil, helped open up the Fringe to a broader audience.

1

news


Rather embarrassing data leaks highlight the risks of storing medical records online. Scan code for story.

On the web at metronews.ca

A Canadian citizen gets a rude surprise after attempting to sponsor his parents to Canada. Guidy Mamann has more at metronews.ca/immigration

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Gadhafi forces finally collapse

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

► After six months of deadlock, rebels advanced more than 20 miles to Tripoli ► Attacks launched with NATO

Libyan rebels raced into Tripoli in a lightning advance yesterday that met little resistance as Moammar Gadhafi's defenders melted away and his 42-year rule appeared to rapidly crumble. The fighters celebrated with Tripoli residents.

Opposition fighters captured Gadhafi's son and one-time heir apparent, Seif al-Islam. The prosecutor at the International Criminal Court in the Netherlands said he would contact the rebels to discuss his handover for trial on charges of

crimes against humanity.

The rebels easily advanced from the west, took town after town, overwhelmed a major military base, then swept into the capital in a stunning turning of the tide.

The fighters and supportive residents flooded Green Square, shooting in the air in celebration, clapping and waving the rebels' tri-colour flag. Some set fire to the green flag of Gadhafi's regime and shot holes in a poster with his image.

THE ASSOCIATED PRESS



► People celebrate the capture in Tripoli of Moammar Gadhafi's son and one-time heir apparent, Seif al-Islam, at the rebel-held town of Benghazi, Libya.

First Air: Cause of crash unknown

The owner of a jet that crashed into a hillside near the remote High Arctic community of Resolute said yesterday it doesn't know why the 737 went down, killing 12 and injuring three.

"At this time, the cause of the accident is unknown," said First Air spokesman Christopher Ferris, his voice near breaking.

"Our thoughts and focus are with the families and friends of the passengers and crew and the community."

Hamlet residents and soldiers from nearby military

exercises rushed to the scene of the crash Saturday afternoon in a desperate effort to pull survivors from the flaming wreckage.

Witnesses described how wreckage was strewn across a hill near the airport runway. One said the plane was broken into three pieces.

An eyewitness said yesterday morning the bodies were still on the site awaiting the coroner.

Ferris said the airline is fully co-operating with the Transportation Safety Board, which is on the scene and leading the investigation.

THE CANADIAN PRESS



► Members of the Canadian Armed Forces carry a victim of a plane crash in Resolute Bay, Nunavut, on Saturday.

Tornado devastates picturesque Ontario town

The most powerful tornado to hit the province in years swept through a southwestern Ontario town yesterday afternoon killing one person and causing severe devastation in the picturesque community of Goderich, on the shores of Lake Huron.

Downtown businesses, century old buildings and several churches lost their roofs and upper floors as the twister ripped through Goderich. Images show downed

power lines, trees and debris strewn across streets, while witnesses described cars being picked up and thrown like toys.

Police identified the victim as Norman Laberge, 61, of Lucknow, Ont., who was working in a salt mine in the town when the storm hit.

At least 37 people have been treated for minor injuries and no one has been reported missing, said OPP Insp. Bill Klym.

Randy Mawson of Environment Canada said the town was battered by winds of up to 300 kilometres per hour, considered an F2- or F3-level tornado.

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Police arrest dozens of pipeline protesters

- Activists say pipeline is disaster waiting to happen
- Others hope to reduce reliance on Middle East for oil

A Canadian woman was among as many as 50 environmental activists handcuffed and taken to jail yesterday on the second day of peaceful White House protests against TransCanada's controversial Keystone XL pipeline.

Dozens were already arrested outside the White House on Saturday, the opening day of a two-week civil-disobedience campaign.

They're expected to be released tonight.

By noon yesterday, police began arresting more demonstrators, including Patricia Warwick, 68, of Toronto and a 65-year-old woman from Massachusetts, who was celebrating her birthday.

The activists are facing charges of failing to obey an order governing protests on the sidewalk, said an official with the U.S. Park Police.

Officials for Tars Sands Action, the group that has

organized the two-week campaign, say police originally assured them protesters would be released after being warned. Instead, they have been charged and held in jail for two nights.

U.S. President Barack Obama will decide by the end of the year whether to allow Calgary-based TransCanada to build the controversial, \$7 billion US pipeline.

It would transport millions of barrels of Alberta oilsands crude a week through the U.S. heartland and to Gulf Coast refineries.




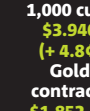
Opponents say Keystone is a dangerous proposition, pointing to a number of recent spills along pipelines, and oppose Alberta's oilsands due to their high greenhouse gas emissions.

Advocates say the pipeline will create thousands of U.S. jobs.

Obama hasn't been in Washington to take in the protests; he's vacationing with his family in Martha's Vineyard. Activists are vowing they'll still be outside 1600 Pennsylvania Ave. when he returns late next week.

THE CANADIAN PRESS

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AP/WIDE WORLD

Abdicating. King



► Burger King CEO John W. Chidsey, background centre, watches as The King, the chain's mascot, arrives at the New York Stock Exchange in 2006.

RICHARD DREW/THE ASSOCIATED PRESS FILE

Burger mascot to hang up crown

Burger King's soon-to-be-retired mascot has been around for years, but recently has become a more prevalent and somewhat creepy presence in ads. The fast food company, which has suffered declining sales, is rolling out a new advertising campaign, sans The King, that will focus on its burgers.

Volkswagen gives small car thumbs 'up!'

Volkswagen AG is launching a new small car — the

up! — in Europe in December.

The automaker says the up! — which will come in three versions — will be "one of the smallest four-seat cars," at 3.5-metres

long.

It will be powered by a one-litre gas engine, with a natural gas version to follow, along with an electric drive version in 2013.

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Biden tells China assets are 'safe' in U.S.

U.S. Vice-President Joe Biden ended a visit to China yesterday that offered him extensive face-time with the country's expected future leader, Xi Jinping, and delivered a message of U.S. mutual interdependence with the world's second-largest economy.

Biden also made the case

for continued U.S. economic vitality despite current budget woes and sought to reassure China's leaders and ordinary citizens about the safety of their assets in the U.S. following the downgrading of America's credit rating.

"You're safe," Biden told students following a speech

at Sichuan University in the city of Chengdu.

An official Xinhua News Agency commentary on Biden's visit said that China would be looking for actions rather than words to restore confidence in the economy by gradually reducing the deficit and cutting debt.

"What is especially important is to let the world see that the U.S. government and relevant departments have the determination, ability and political aspiration to take actions to resolve these complicated issues," the commentary said.

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MACEWAN

IF YOU BUILD A MUSEUM, THEY WILL COME

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A problem with writing a Monday column is that many of the things I want focus on have already been talked to death by others. Such is the case with the proposed designs for the new Alberta Museum.

By now, just about everyone has taken a kick at the can.

The commentary has indicated that a lot of people are less than pleased with the designs.

I am in that category as well.

These would not produce signature buildings. However, it is not the designs themselves that I find most interesting; it is the comments on Twitter, blogs and on the feedback sites of newspapers, television and radio programs.

Many of those comments are a clear indication of one of the problems with this city.

"We do need it and a lot more things as well. Museums, art galleries, theatres and zoos are some of the things people use to determine if they want to live in a city. They rank right up there with good transit, safe communities and excellent schools."

majority of Edmontonians really haven't accepted that that's what we want Edmonton to be. The comments about the new museum are a case in point.

The first thing people seem to want to do is to complain that such developments are a waste of taxpayers' money. Many people compare it to financing a downtown arena as if that were an apples-to-apples comparison.

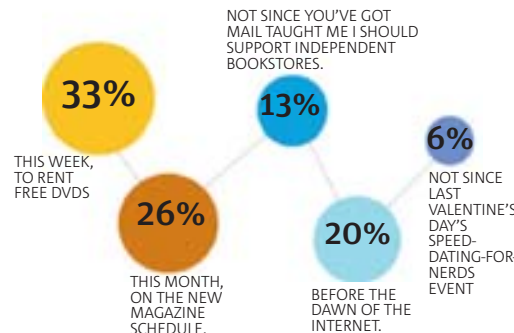
Others think that we don't need a museum in the downtown. They are wrong. We do need it and a lot more things as well. Museums, art galleries, theatres and zoos are some of the things people use to determine if they want to live in a city. They rank right up there with good transit, safe communities and excellent schools.

No one who ever visited a major museum as a kid would argue that a museum isn't important to the education of our children and our civic quality of life. However, in Edmonton, we seem to want to think small. Sadly, it is an objective that is all too easy to achieve.



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When was the last time you visited a library?



Worth Mentioning

ANTI-AGING. Baby boomers heading into what used to be called retirement age are providing a 70-million-member-strong market for legions of companies, entrepreneurs and cosmetic surgeons eager to capitalize on their "forever young" mindset, whether via wrinkle creams, facelifts or workout regimens.

It adds up to potential bonanza. The market-research firm Global Industry Analysts projects that a boomer-fuelled consumer base, "seeking to keep the dreaded signs of aging at bay," will push the U.S. market for anti-aging products from about \$80 billion now to more than \$114 billion by 2015.

From organizations such as the National Institute on Aging, the general advice is to be a skeptical consumer on guard for possible scams involving purported anti-aging products.

"Our culture places great value on staying young, but aging is normal," the institute says. "Despite claims about pills or treatments that lead to endless youth, no treatments have been proven to slow or reverse the aging process."

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Rebel-lious festivalgoers hit look-alike

A British comedian says he was attacked with a bottle at the Edinburgh Fringe Festival while dressed as Moammar Gadhafi.

Jeff Mirza was handing out flyers on the street for his show, dressed as the embattled Libyan leader,

when a man approached and asked for a cigarette. Mirza said he shook his head and the man walked on, but when Mirza turned around he was hit on the back of the head with a bottle. He was not seriously hurt.

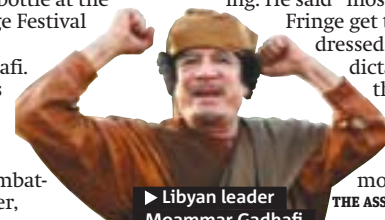
Mirza is at the annual festival with his show Jihad: Heresy or Hearsay.

The comedian said yesterday that most festivalgoers had been welcoming. He said "most people at the

Fringe get the joke of me being dressed up as a washed-up dictator trying to sell the show."

Police say they do not believe the attack was racially motivated.

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► Libyan leader Moammar Gadhafi

PIER PAOLO CITTO/THE ASSOCIATED PRESS



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2
scene

His grotesque love affair

► Hard work and horror drive Guillermo del Toro ► Filmmaker seeks the extraordinary in the ordinary



► Film writer and producer Guillermo del Toro, seen here with *Don't Be Afraid of the Dark* star Bailee Madison, has loved the horror genre since childhood.

Box office



The Help took over the No. 1 spot with \$20.5 million in its second weekend. The drama about Southern black maids had debuted in second-place a week earlier. The Help raised its domestic total to \$71.8 million and bumped Rise of the Planet of the Apes, which slipped to No. 2 with \$16.3 million after two weekends at the top.

THE ASSOCIATED PRESS



Apes' actress, model, Estella Warren, ordered to rehab after pleading guilty in drunk driving case.



RICHARD CROUSE
SCENE@METRONews.CA

Guillermo del Toro may be the world's cuddliest boogeyman. When I enter the hotel room to interview the 47 year old producer of *Don't Be Afraid of the Dark*, he stands up and hugs me. Not exactly what you anticipate from the master of horror.

But then again, surprises are his stock in trade. From the eerie Pale Man character in Pan's Labyrinth to the deadly mechanical scarab of Cronos, he has trained

viewers to expect the unexpected from his films.

A career spent scaring the pants off people has given the director some insight on why we like to be terrified at the movies.

"We try to look for the extraordinary in our ordinary lives," he says. "That's just the normal way we behave as spiritual beings. And horror movies allow us to live extraordinary experiences without having to go through extraordinary risk."

"I have a harder time understanding reality shows than I have a hard time un-

"The scariest thing about these creatures in the movie is that they are intelligent. They strategize. They literally find ways to get the upper hand against the humans"

DEL TORO ON THE MONSTERS IN *DON'T BE AFRAID OF THE DARK*

derstanding genre films. Because genre films give you something you don't get in real life. Reality shows give you people you would normally never talk to in real life. Why are you interested in watching them?"

Not that the self-described workaholic has much time to watch reality TV. When he's not execu-

tive producing Oscar nominated movies like *Biutiful*, he's writing the much anticipated *Lord of the Rings* film *The Hobbit: An Unexpected Journey*, or working on a new novel with his co-writer Chuck Hogan. Add to that the alien attack movie *Pacific Rim* which he'll spend the next year filming in Toronto and you have

one of the busiest men in the business.

"Hard work is pleasure for me," he says, adding that luckily, "I have been surrounded by a system of enabling family and I submerge myself in my work."

A horror fan since childhood, ("I read *Salem's Lot* in one sitting," he says. "Eleven hours from eight a.m. to seven p.m. outside in the pool. I had a second degree burn because of that!"), he has simple criteria for the projects he accepts.

"You should only get involved in things you love irrationally," he says.

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Enjoy this winning favourite road trip story and then get writing!

When my kids and my sisters' kids were young, we went on a road trip from Ottawa to visit our parents at their cottage in New Brunswick. We were 3 families with 9 kids under 12, travelling in 3 minivans. As you can imagine, with 9 kids, we would have to take frequent washroom breaks. So that we didn't get separated, the van needing the break would pull up beside the other vans, with one of the kids holding up a sign in the window. The sign read "P NOW" or "P SOON". One meant that we had to stop at the next gas station, no matter what condition it was in, and the other meant we could look for the next clean gas station (must have been Shell stations), and we would meet there. The kids traded vans like musical chairs at every stop, so we made sure to take roll call before leaving each stop. It took 2 days to reach our destination. With 17 people in a tiny 2-bedroom cottage, people were sleeping anywhere there was empty space. My husband and I ended up sleeping in a closet. The weather was perfect the whole week, the ocean was lovely, and the kids had such fun together. All of our kids are adults now and to this day they all speak fondly of our convoy to New Brunswick.

Our congratulations go to,

Anne-Marie Hancock
Nepean, Ontario

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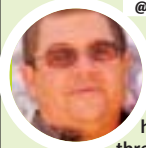
"working 16 hour days gives me an amazing excuse to act like an old person. yay."

@therealzooeyd



@jerryseinfeld

"I am not a vegetarian, by the way. If anyone saw that."



@pattonoswalt

"Ate 1/2 bag of Veggie Booty 2 hours ago, threw it away in disgust. Dug it out of trash just now. Watching a-ha vids on YouTube. I suck."

Charlie Sheen version 2.0?

Charlie Sheen is ready for his comeback, at least as far as his brother Emilio Estevez is concerned.

"He's a different guy. He's a completely different guy. He's got his voice back. And I think he's got his focus," Estevez tells Access Hollywood about the troubled former Two and a Half Men star.

"He's on a new show and he's going to be roasted by Comedy Central — which I think is going to be hysterical. I think that he's really got it together."

METRO



► Brother Emilio Estevez says Charlie Sheen has "really got it together" these days.

Lilo passed over for movie role as troubled character

► Oh the irony: Film director reluctant to work with Lohan given her negative reputation

It's more work-related bad news for Lindsay Lohan, who reportedly lost out on a role in Magic Mike, a film loosely based on Channing Tatum's time as a stripper, according to E! Online.

"The character is trouble with a capital T, which

Lindsay would have been perfect for," a source says.

But director Steven Soderbergh didn't agree, so he cast Riley Keough in the role instead.

"He didn't want to deal with all that. Nobody wanted to go there," the source adds. METRO



► Lindsay Lohan

ALL PHOTOS GETTY IMAGES

Jesse James and Kat Von D are giving it another shot



► Jesse James and Kat Von D

Despite calling off their engagement last month, Jesse James and Kat Von D are officially back together, according to People magazine.

"Sometimes you are only given one chance in life," James tells the magazine.

"It was up to me to open my eyes and see it.

That girl is my chance. I will never stop fighting and striving to hold on to her. Showing her how special she is, and how much I love her."

It's a bit of good news for tattoo princess Von D, whose TLC reality show, LA Ink, was just cancelled.

METRO

Bieber fever alive and well

When 11-year-old Caroline Gonzalez was made mayor of Forney, Texas for a day, her first order of business was to give Main Street a new name: Justin Bieber Way.

"I just really like Justin Bieber, and I thought it would be cool if we had a street in our town named after him," Gonzales said of her decision. "I thought it was pretty cool, and if Justin Bieber was actually here, I'd probably faint."

Unfortunately, the new



► Justin Bieber

name proved too popular, as the sign was soon stolen.

"We don't know if it was really a crazed fan who decided they had to have it or what," the town's regular mayor, Darren, Rozzell, says. METRO

Marc Anthony may be trying to win back his wife

Marc Anthony reportedly hasn't been taking his split from Jennifer Lopez very well, according to Us Weekly.

"He calls her nonstop," a source says.

"Marc is constantly harassing her and doesn't think she'll go through with the divorce."

Anthony's reps deny it, adding that the pair are remaining amicable through the process.

METRO



ZOE BALDANA

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Tie the knot on a budget

► With Kim Kardashian's wedding nuptials to Kris Humphries rumoured to be in the millions of dollars, we take a look at wedding planning for those of us with thinner wallets

THE CANADIAN PRESS/ VINCENT ELKAIM

Decades of brides have walked down the aisle sporting something old, something new, something borrowed or something blue. Jessica Kavanagh's clients can also boast something black — the bottom line of their wedding day budget.

Kavanagh, 23, may have had to spend hours walking the bride through second-hand stores in search of the perfect dress and likely devoted days to arranging the nuptial flowers by hand to keep costs down, but believes the time is always well-spent.

Creating a big day on a small budget is a key focus of her Toronto event planning business, J. Kavanagh Events, and weddings are no exception. If anything,



► Wedding co-ordinator Jessica Kavanagh, right, arranges flowers with her client Alyson MacKenzie. Kavanagh offers wedding planning services for those on a budget.

Trim the fat

Here's some ways to save.

- **Invites**
Digital printing outlets offer a cheaper way to print wedding invites.
- **Wedding dress**
Visit a second-hand store for the dress, says Darsi Pizzalato. "Any item being used on the wedding day is being used for 12 hours. Unless she's doused a bottle of wine on her, the dress is still new."
- **Flowers**
Bouquets used for the ceremony can be reused as centrepieces at the reception.

Kavanagh says, a marriage celebration represents an ideal time to exercise fiscal restraint. "Yes, this is your wedding and it's so exciting and a big life moment, but this is like the pregame show to the marriage. It's only one day," Kavanagh said. "It's just a celebration, not the be-all-end-all of your life."

The first thing Kavanagh needs to adjust is not the price of the entire event but the expectations of the couple tying the knot, she said.

She urges couples to look beyond traditional

wedding vendors and time-honoured venues, saying conventional thinking can often lead to a dizzying price-tag.

Kavanagh's advice struck a chord with Alison MacKenzie, whose budget for her October wedding threatened to spiral out of control without some timely intervention.

She and her fiancé were willing to shell out for their wedding attire, their rings and an open bar reception, but felt the rest of needed a thriftier touch.

Their decision to serve cocktails and appetizers

instead of a sit-down dinner went a long way to keeping costs down, MacKenzie said, adding Kavanagh stepped in with other suggestions.

"Jessica was great about warming me up to the idea of doing our own flowers," she said. "You don't have to spend 50 to 100 bucks for centrepieces. We'll have flowers throughout the venue, but we'll do those ourselves."

MacKenzie's guests will mingle at the reception in the glow of cost-effective candlelight and munch on cupcakes instead of a tradi-

tional, pricier wedding cake. They won't leave bearing a conventional wedding favour, but will learn that a donation has been made in their name to a charity that matters to the couple.

MacKenzie said these decisions will allow her and her fiancé to celebrate their big day with a clear conscience. "We didn't want to be saddled with a huge Visa bill or debt at the end of it," she said. "That's a great way to start your marriage, 'Let's talk about a repayment plan.'"

THE CANADIAN PRESS

3 life

A new study shows



... bed sharing, in which your baby sleeps next to you, doesn't necessarily result in developmental issues, according to a report from the Teachers College of Columbia University in New York City. The 944 kids — ages one through five — studied by researchers indicated there was no risk. **MWN**



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A summertime quiche

► Cheese quiche with onions, red peppers & turkey will be a brunch hit

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA



Preparation:

- 1 Preheat oven to 190 C (375 F).
- 2 Sprinkle the cheese in the bottom of a pie shell. Add turkey, roasted red pepper and green onions; using fork, toss gently to combine and spread evenly.
- 3 In a medium bowl, whisk together cream and flour. Add eggs and salt and whisk until

everything is well combined. Slowly pour over cheese mixture, using fork to allow cream mixture to fill pie shell evenly. Bake the quiche on bottom rack for about 45 minutes or until top is golden, edges puff and knife inserted in centre comes out clean. Let cool for 10 minutes before cutting into wedges.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 1 unbaked frozen deep-dish pie shell (23 cm/9 inches), thawed
- 250 ml (1 cup) shredded 5-year-old cheddar cheese
- 250 ml (1 cup) diced cooked turkey or chicken
- 75 ml (1/3 cup) diced roasted red pepper
- 2 green onions, thinly sliced
- 175 ml (3/4 cup) 10 per cent cream
- 15 ml (1 tbsp) all-purpose flour
- 3 eggs
- 1 ml (1/4 tsp) salt

Using a few pantry staples like cream and eggs, this quiche can be whipped up for a patio brunch and will quickly become a family favourite.

Aged cheddar cheese adds a zip of flavour to turkey while the green onions and roasted red peppers add colour and texture.

Rose Reisman's Swap It

Salads are always disguised as the healthier choice since vegetables are "free foods." But fried additions and high fat dressings destroy any health benefits.

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Chef Bobby Flay's asparagus creation

This chopped salad with asparagus and Meyer lemon dressing comes from Chef Bobby Flay's upcoming cookbook, Bobby Flay's Bar Americain Cookbook. "I wanted contrast of taste and texture," he says. "Smoky asparagus, sharp aged cheddar cheese, briny olives, creamy chickpeas and crispy bits of fried pita bread dressed lightly in the slightly sweet, slightly tart Meyer lemon dressing makes for a plate of perfect bites."

Preparation:

- 1 Dressing: In bowl, whisk lemon zest and juice, vinegar, mayo, mustard and honey. Season with salt and pepper. Whisk in oil until emulsified.
- 2 Salad: In saucepan over medium, heat 500 ml (2 cups) of the canola oil. Fry pita strips, in batches, until golden brown and crisp, turning once, about 1 minute. Use a slotted spoon to transfer

to a plate lined with paper towels. Season with salt and pepper.

- 3 Heat grill to high. Brush asparagus with remaining 30 ml (2 tbsp) of oil and season with salt and pepper. Grill, turning once, until crisp-tender, 4 to 6 minutes. Transfer to a cutting board and cut on the bias into 2.5-cm (1-inch) pieces.

- 4 In bowl, combine mesclun, tomatoes, cheese, cucumber, olives, chickpeas and asparagus. Add half of the dressing, season with salt and pepper, then toss well to coat. Divide salad among large dinner plates. Drizzle with more of the dressing and top with pita chips.

THE ASSOCIATED PRESS

Ingredients:

- Dressing**
- 2 ml (1/2 tsp) finely grated lemon zest
 - 50 ml (1/4 cup) fresh Meyer lemon juice
 - 15 ml (1 tbsp) red wine vinegar
 - 30 ml (2 tbsp) mayonnaise
 - 15 ml (1 tbsp) whole-grain mustard (heaping)
 - 10 ml (2 tsp) honey
 - salt and black pepper
 - 125 ml (1/2 cup) olive oil
- Salad**
- 500 ml (2 cups) plus 30 ml (2 tbsp) canola oil
 - 2 pocketless pita breads, halved and sliced in 5-mm (1/4-inch) strips
 - salt and black pepper
 - 1 bunch asparagus, trimmed
 - 175 g (6 oz) mesclun greens
 - 250 ml (1 cup) grape tomatoes, halved
 - 250 g (8 oz) aged white cheddar cheese, diced
 - 1 English cucumber, diced
 - 125 ml (1/2 cup) pitted and coarsely chopped kalamata olives
 - 250 ml (1 cup) drained and rinsed canned chickpeas

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Brian's wife was diagnosed with breast cancer the day before their wedding.

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Swim, drink, rock out

► Environmental water group pairs people's love of music with their aims to protect Canadian water

BEN KNIGHT
GREEN@METRONEWS.CA

"It's a partnership, really, between artists and activists — sharing great music."

That's Mark Mattson, president of the Lake Ontario Waterkeeper organization, describing the Swim Drink Fish Music Club.

For a \$10 annual fee, music lovers concerned about the environment get to download new and special songs — from Gord Downie, Bruce Cockburn and a wide range of emerging and indie artists.

"The name represents swimmable, drinkable, fishable water," Mattson explains.

"The artists give us exclusive tracks, we put them up on the club and share them with anyone who's a member. They can put these songs on their iPods and computers and keep them forever. There's over 75 tracks now — unique and varied."

The membership money supports the work of your local waterkeeper.

So what's a waterkeeper?

"We're part of the Waterkeeper Alliance, that's headed up by Robert Kennedy, Jr.," says Mattson, who's also an experienced criminal lawyer.



► Gord Downie

Who are they?

From big names, to local talents, they're all helping with the Swim Drink Fish Music Club

► **Big names** For a low annual fee, club members have exclusive access to an ever-growing catalogue new songs from a wide range of recording artists — including Bruce Cockburn, Pete Seeger and Tragically Hip frontman Gord Downie.

► **Local talent** Western Canada is well-represented at the Swim Drink Fish Music Club. Contributing acts include Paper Moon from Winnipeg, Vancouver's Belinda Bruce and Arctic rockers White Walls, from Yellowknife.

"We have a fulltime person on the water, protecting and celebrating the lake. We use democratic tools to do that. We'll go to court, to environmental-



► Mark Mattson, president of Ontario Waterkeeper, has found a way to use people's love of music to empower their projects to help Canadian waterways.

assessment processes, bringing evidence, etcetera. But we also do things like Swim Drink Fish Music."

The music club started in 2009, and is supported by a wide variety of concerned musicians.

"Music has been a big part of the Waterkeeper Alliance, because we're so

close to the communities along the lakes and rivers, and so many musicians and artists live there. Fraser River Waterkeeper is involved in British Columbia, also the Ottawa River Waterkeeper, and we're expanding to Miami — the Biscayne Waterkeeper — in the next couple of weeks."

It's an intriguing way of supporting the environment, while broadening your music collection with some sensational sounds — like Gord Downie and the Sadies teaming up to cover Randy Newman's haunting flood song, Louisiana.

"We're hoping that all 130 waterkeepers across

North America will soon be involved. There'll be more and more music coming from different regions, really linking both the environmentalists and the artists together, I'm hoping we'll find some synergy there."

For more info — or to join: swimdrinkfishmusic.com



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A healthy belly is a happy one

► Meredith Deasley has turned food into thought, teaching parents the fundamentals of feeding their families



► Meredith Deasley encourages all parents to become knowledgeable about nutrition.

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



Her 18-month-old daughter was writhing on the floor in pain and Meredith Deasley was desperate to bring her some relief. "We're going to fix this. I don't know what it is but we're going to fix this."

Meredith read every book on nutrition she could find.

She learned about food sensitivities and eventually became a registered pediatric nutritionist.

Food facts

Symptoms of Food Sensitivities

- Colic and gas pain
- Diaper and Skin Rash
- Runny nose and congestion

- Diarrhea and Constipation
- Mood swings and hyperactivity
- Multiple ear infections
- Poor sleeping habits

Visit theresourcefulmother.com for more information

Today her eldest daughter is healthy, her younger daughter is thriving and Deasley says she is determined to show other parents how they can heal their children by watching what they eat.

"There are so many children in the world that are suffering whose parents don't know that it's their digestive systems that need to be healed. The biggest culprit for attention deficit disorder is

chemicals. For autism, the culprits are dairy or glutens. Epilepsy is aspartame and heavy metals."

Deasley wrote *The Resourceful Mother's Secret to Healthy Kids* in 2002. Her research, teaching and methods have become a turning point not only for her family but others as well.

"I want parents to know they have the power to heal their children so that they have healthy lives."

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The new school year is the perfect time to get a fresh start, but it can also be an expensive time of year for students leaving for university or college. As the summer winds to a close, realizing just how much money you'll need for tuition, books and living expenses can be a real eye-opener — but it is possible to stretch your summer income throughout the school year. Here are some tips:

Start tracking your spending now

Most people have no idea how much money they spend in a month. Whether it's books or burgers, tracking your spending will help keep it in check so you don't run out of cash before final exams. Free personal financial management



tools like Mint.com track your spending, help plan budgets, and alert you if you've spent too much in a particular category, such as entertainment.

Consider your expenses and look at alternative solutions

If your budget is coming up short, start looking into

some cost-saving options. For example, textbooks can be a huge expense, but if the course material hasn't changed from last year, buy used at half the price. Need furniture for your dorm room? Hit the garage sales or check online for deals on discounted or used items before heading to Ikea.

Fill your grocery cart with more, for less.

Start comparison-shopping by looking at flyers to find the best deals. Keep tabs on your grocery budget each week — and curb that expensive takeout in favour of a home-cooked meal. Mint.com users say they spend 40 per cent less eating out once they actually pay attention to what it costs.

NEWS CANADA

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Canadian paddles to 2 golds

► Vincent-Lapointe defends title over 200 metres ► Three golds for Canada at world championships

Canada's Laurence Vincent-Lapointe beat a strong field to win the women's C-1 200 metres yesterday, claiming her second gold medal at the world canoe and kayak championships.

The 19-year-old paddler from Trois-Rivieres, Que., crossed in 48.876 seconds to defend her world title in the non-Olympic event. Maria Kazakova of Russia was second, while Staniliya Stamenova of Bulgaria won the bronze.

"I was caught off guard by the fast start by the field and that made me more nervous during the race," Vincent-Lapointe said. "My arms were really burning up as I approached the finish line. This was the strongest field I'd ever faced."

The Canadian's victory came a day after she and Mallorie Nicholson of Oakville, Ont., took gold in the C-2 500-metre final.

The win was Canada's third at the world championships. Adam van Koeverden of Oakville started things off with a victory in the men's K-1 1,000 on Friday.

Mark De Jonge of Halifax earned an Olympic quota spot for Canada with his sixth-place finish in the men's K-1 200 metres.

"It was a very satisfying race," said De Jonge. "I had known since May I was going to race this event at worlds so it was a long build-up practising every day with the objective to get the Olympic spot for Canada. It was a good feel-

"We're always communicating to each other in the boat but this time it was impossible. I couldn't hear myself think, the crowd was so into the race, it was really intimidating."

LAURENCE VINCENT-LAPOINTE, ON SATURDAY'S C-1 500-METRE FINAL

ing to deliver when it was time."

Piotre Siemionowski of Poland won the gold. Britain's Edward McKeever was second, while Germany's Ronald Rauhe was third.

Canada earned three Olympic quota spots at the world championships. The final opportunity to gain spots will be at the Pan American Games in October in Mexico.

"Certainly we had some athletes who were hoping for better results, but we had several boats which were very competitive," said Barney Wainwright, CanoeKayak Canada's high-performance director. "We've learned a lot and now we have to turn around focus quickly to the Pan Am Games."

In other non-Olympic events, Mark Oldershaw of Burlington, Ont., was fifth in the C-1 5,000 while Van Koeverden was fifth in the K-1 5,000.

THE CANADIAN PRESS



► Laurence Vincent-Lapointe smiles after winning the women's C1 200 metres final race yesterday at the Canoe Sprint World Championships in Szeged, Hungary.

Jays one-hit A's in rookie's debut start

Luis Perez pitched brilliantly in his first big-league start, combining with Casey Janssen on a one-hitter, and Jose Bautista connected for his majors-best 36th home run to send the Toronto Blue Jays over the Oakland

Athletics 1-0 yesterday.

Bautista broke up a scoreless game with a deep drive into the left-field bleachers on the 10th pitch he saw from Guillermo Moscoso (6-7) leading off the seventh.

THE ASSOCIATED PRESS



► Luis Perez

POST-GAME SHOOTING

NFL fan still in hospital

Police interviewed witnesses and looked for suspects yesterday after two men were shot and wounded following a San Francisco 49ers-Oakland Raiders pre-season

game, while the NFL and the mayors of the two cities jointly called for an end to "intimidation" and acts of violence at sporting events.

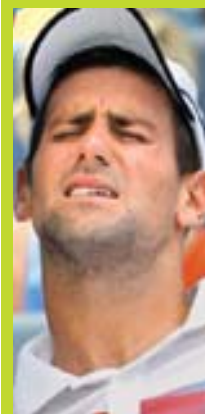
A 24-year-old man, who reportedly was wearing a "F--- the Niners" T-shirt, remained hospitalized in serious condition yesterday after being shot several times in the stomach.

THE ASSOCIATED PRESS

4

sports

Quoted



"The good thing is there's a week, eight days to the start of the Open. I'm confident I can recover and be ready for the U.S. Open."

NOVAK DJOKOVIC, AFTER HE WAS FORCED TO RETIRE IN THE SECOND SET YESTERDAY AT THE WESTERN AND SOUTHERN OPEN BECAUSE OF A SORE RIGHT SHOULDER.



Scan code for more sports news.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION					
	W	L	Pct	GB	
New York	77	48	.616	—	
Boston	77	49	.611	1/2	
Tampa Bay	69	56	.552	8	
Toronto	65	62	.512	13	
Baltimore	47	77	.379	29 1/2	
CENTRAL DIVISION					
	W	L	Pct	GB	
Detroit	68	58	.540	—	
Cleveland	62	61	.504	4 1/2	
Chicago	63	63	.500	5	
Minnesota	55	71	.437	13	
Kansas City	52	76	.406	17	
WEST DIVISION					
	W	L	Pct	GB	
Texas	73	55	.570	—	
Los Angeles	69	59	.539	4	
Oakland	57	70	.449	15 1/2	
Seattle	53	72	.424	18 1/2	

Last night's results

Detroit 8, Cleveland 7
Tampa Bay 8, Seattle 7
Boston 6, Kansas City 1
N.Y. Yankees 3, Minnesota 0
Chicago White Sox 10, Texas 0
L.A. Angels 7, Baltimore 1
Toronto 1, Oakland 0

Saturday's results

Detroit 10, Cleveland 1
Kansas City 9, Boston 4
Minnesota 9, N.Y. Yankees 4
Tampa Bay 8, Seattle 0
Chicago White Sox 3, Texas 2
L.A. Angels 9, Baltimore 8, 12 innings
Oakland 5, Toronto 1

Tonight's games

Seattle (Vargas 7-11) at Cleveland (Carmona 6-12), 7:05 p.m.
Detroit (Verlander 18-5) at Tampa Bay (Niemann 8-4), 7:10 p.m.
Boston (Bedard 4-8) at Texas (C.Wilson 12-5), 8:05 p.m.
Baltimore (Britton 6-9) at Minnesota (Pavano 6-9), 8:10 p.m.
Tomorrow's games
Seattle at Cleveland, 1:05 p.m., 1st game
Oakland at N.Y. Yankees, 7:05 p.m.
Seattle at Cleveland, 7:05 p.m., 2nd game
Kansas City at Toronto, 7:07 p.m.
Detroit at Tampa Bay, 7:10 p.m.
Boston at Texas, 8:05 p.m.
Baltimore at Minnesota, 8:10 p.m.
Chicago White Sox at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION					
	W	L	Pct	GB	
Philadelphia	81	44	.648	—	
Atlanta	76	52	.594	6 1/2	
Washington	61	64	.488	20	
New York	60	66	.476	21 1/2	
Florida	57	70	.449	25	
CENTRAL DIVISION					
	W	L	Pct	GB	
Milwaukee	76	52	.594	—	
St. Louis	67	60	.528	8 1/2	
Cincinnati	62	65	.488	13 1/2	
Pittsburgh	59	66	.472	15 1/2	
Chicago	56	71	.441	19 1/2	
Houston	42	85	.331	33 1/2	
WEST DIVISION					
	W	L	Pct	GB	
Arizona	69	58	.543	—	
San Francisco	68	60	.531	1 1/2	
Colorado	60	68	.469	9 1/2	
San Diego	59	70	.457	11	
Los Angeles	57	69	.452	11 1/2	

Yesterday's results

Atlanta 1 Arizona 0
Cincinnati 5 Pittsburgh 4
Colorado 5 L.A. Dodgers 3
Milwaukee 6 N.Y. Mets 2
San Diego 4 Florida 3
San Francisco 6 Houston 4 (11 innings)
Washington 5 Philadelphia 4 (10 innings)
St. Louis 6 Chicago Cubs 2

Saturday Results

Atlanta 8 Arizona 1
Chicago Cubs 3 St. Louis 0
Colorado 7 L.A. Dodgers 6 (13 innings)
Houston 7 San Francisco 5
Milwaukee 11 N.Y. Mets 9
Philadelphia 5 Washington 0
Pittsburgh 5 Cincinnati 3
San Diego 14 Florida 1

Today's games

Milwaukee (Narveson 8-6) at Pittsburgh (Karstens 9-6), 5:05 p.m. (1st game)
Arizona (J.Saunders 8-10) at Washington (Detwiler 1-3), 7:05 p.m.
N.Y. Mets (Niese 11-10) at Philadelphia (C.Lee 13-7), 7:05 p.m.
Atlanta (Jurjens 12-5) at Chicago Cubs (Dempster 10-8), 8:05 p.m.
L.A. Dodgers (Eovaldi 1-1) at St. Louis (C.Carpenter 8-8), 8:15 p.m.
Milwaukee (Greinke 12-4) at Pittsburgh (Lincoln 0-0), 8:35 p.m. (2nd game)
Houston (Myers 3-12) at Colorado (Chacin 9-10), 8:40 p.m.
Tomorrow's games
Arizona at Washington, 7:05 p.m.
Milwaukee at Pittsburgh, 7:05 p.m.
N.Y. Mets at Philadelphia, 7:05 p.m.
Cincinnati at Florida, 7:10 p.m.
Atlanta at Chicago Cubs, 8:05 p.m.
L.A. Dodgers at St. Louis, 8:15 p.m.
Houston at Colorado, 8:40 p.m.
San Diego at San Francisco, 10:15 p.m.

BLUE JAYS 1, ATHLETICS 0

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
A.Hill 2b	4	0	1	0	JWeeks 2b	4	0	1	0
ETHms lf	4	0	0	0	Crisp cf	4	0	0	0
Bautist rf	3	1	2	1	Matsui dh	4	0	0	0
Encrnc 1b	4	0	0	0	Wlngh lf	3	0	0	0
Rasms cf	3	0	0	0	Allen 1b	2	0	0	0
Lawrie 3b	3	0	0	0	CJcksn rf	3	0	0	0
Teahen dh	3	0	0	0	Pngntn ss	2	0	0	0
Arencic c	3	0	1	0	KSuzuk c	3	0	0	0
JMcDnl ss	3	0	0	0	SSizm 3b	1	0	0	0
Sweeny ph	1	0	0	0					
Sogard 3b	0	0	0	0					
Totals	30	1	4	1	Totals	27	0	1	0

Toronto	000	000	100	1		
Oakland	000	000	000	0		
DP—Toronto 1. LOB—Toronto 3, Oakland 3.						
2B—Arencibia (14). 3B—Bautista (2). HR—Bautista (36). CS—A.Hill (3).						
	IP	H	R	ER	BB	SO

Toronto						
L.Perez W,3-2	6	1	0	0	2	4
Janssen S,2-3	3	0	0	0	1	5
Oakland						
Moscoso L,6-7	8	3	1	1	1	7
De Los Santos	1	1	0	0	0	0
Umpires—Home, Todd Tichenor; First, Mike Estabrook; Second, Greg Gibson; Third, Gerry Davis.						
T—2:30. A—16,811 (35,067).						

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	52	8	18	3	10	.346
Bautista	393	90	124	35	79	.316
Molina	129	17	39	2	11	.302
Escobar	450	68	129	10	41	.287
Encarnacion	365	55	103	12	39	.282
Thames	224	36	61	8	27	.272
Lind	396	49	104	22	72	.263
McDonald	165	19	42	2	20	.255
Davis	320	44	76	1	29	.238
Rasmus	82	11	19	3	12	.232
Hill	392	38	88	6	45	.224
McCoy	81	11	18	1	5	.222
Arencibia	344	38	73	19	57	.212
Teahen	130	12	25	4	12	.192
PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Janssen	4	0	1	38.0	37	2.37
Romero	12	9	0	175.0	147	2.73
Perez	2	2	0	43.2	37	3.71
Francisco	1	4	0	103.2	40	4.06
Litsch	4	3	1	59.2	51	4.22
Cecil	4	6	0	91.1	64	4.24
Villanueva	6	3	0	97.2	63	4.24
Alvarez	0	1	0	16.2	10	4.32
Morrow	9	7	0	132.2	154	4.41
Rauch	5	4	0	115.0	35	4.47
Camp	1	2	1	53.1	26	4.56
Ledezma	0	0	0	3.0	5	9.00
Lewis	0	0	0	0.1	0	27.00

Not including last night's game

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP

At Okotoks, Alta.
Yesterday's results
Coquitlam 14 Whitby 8
Edmonton vs. Okotoks
Saturday's results
Coquitlam 12 Edmonton 6
Whitby 17 Okotoks 7

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	11	7	7	29	24	40
Kansas City	25	9	7	9	36	31	36
Houston	26	8	7	11	34	32	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	25	3	7	15	28	33	24
New England	26	4	11	11	26	39	23
Toronto	27	4	12	11	25	48	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	26	12	5	9	36	27	45
Dallas	26	12	7	7	33	27	43
Colorado	27	10	6	11	39	34	41
Real Salt Lake	23	10	7	6	32	20	36
Chivas USA	25	7	8	10	32	28	31
Portland	25	8	12	5	32	41	29
San Jose	25	5	10	10	26	34	25
Vancouver	25	3	13	9	26	42	18

Note: Three points for a win, one for a tie.

Yesterday's results

Chicago 2 Toronto 0
Kansas City 1 D.C. United 0
Saturday Results
Portland 2 Vancouver 1
Chivas USA 2 Colorado 2
Columbus 2 Philadelphia 1
Houston 3 Real Salt Lake 2
New Angeles 2 San Jose 0
New England 2 New York 2
Seattle 1 Dallas 0

ENGLAND

PREMIER LEAGUE

Yesterday's results

Norwich 1 Stoke 1
Wolverhampton 2 Fulham 0
Bolton 2 Manchester City 3

LEAGUE CHAMPIONSHIP

Yesterday's results

West Ham 2 Leeds 2
Middlesbrough 3 Birmingham 1

FRANCE

LIGUE 1

Yesterday's results

Marseille 0 Saint-Etienne 0
Montpellier 4 Rennes 0
Nancy 1 Sochaux 2
Paris Saint-Germain 2 Valenciennes 1

GERMANY

BUNDESLIGA

Yesterday's results

Hannover 1 Hertha Berlin 1
Mainz 2 Schalke 4

NETHERLANDS

EREDIVISIE

Yesterday's results

ADO The Hague 0 PSV Eindhoven 3
AZ Alkmaar 4 NEC Nijmegen 0
Heracles Almelo 1 Feyenoord 1
VVV-Venlo 2 Ajax 2

PORTUGAL

LIGA

Yesterday's results

Academica 1 Rio Ave 0
Beira Mar 0 Sporting Lisbon 0
Braga 2 Maritimo 0
Pacos Ferreira 2 Leiria 1

SCOTLAND

PREMIER LEAGUE

Yesterday's results

Celtic 0 St. Johnstone 1
Killmarnock 0 Hearts 0
Motherwell 0 Rangers 3

TENNIS

ATP-WTA WESTERN

& SOUTHERN OPEN

At Mason, Ohio

Men

Singles

Championship

Andy Murray (4), Britain, def. Novak Djokovic (1), Serbia, 6-4, 3-0 (retired).

Doubles

Championship

Mahesh Bhupathi and Leander Paes (3), India, def. Michael Llodra, France, and Nenad Zimonjic (4), Serbia, 7-6 (4), 7-6 (2).

Women

Singles

Championship

Maria Sharapova (4), Russia, def. Jelena Jankovic (13), Serbia, 4-6, 7-6 (3), 6-3.
Doubles
Championship
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 6-4, 3-6, 11-9 tiebreak.

CFL

WEEK EIGHT

EAST DIVISION							
	GP	W	L	T	PF	PA	Pt
Winnipeg	7	6	1	0	182	130	12
Montreal	7	5	2	0	222	156	10
Hamilton	7	4	3	0	189	176	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION							
	GP	W	L	T	PF	PA	Pt
Calgary	7	5	2	0	194	172	10
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

Byes: Calgary, Hamilton, Montreal, Winnipeg
Friday Result
B.C. 36 Edmonton 1
Thursday Result
Toronto 24 Saskatchewan 18

WEEK NINE

Byes: B.C., Edmonton, Saskatchewan, Toronto
Friday, Aug. 26
Hamilton at Winnipeg, 8 p.m.
Saturday, Aug. 27
Montreal at Calgary, 4 p.m.

GOLF

PGA-WYNDHAM CHAMPIONSHIP

At GREENSBORO, N.C.

Par 70

Final round

George McNeill, \$561,600	65-70-66-64—265
Tommy Gainey, \$353,600	63-65-69-69—266
Charles Howell III, \$196,040	69-65-66-67—267
Jerry Kelly, \$196,040	67-66-69-65—267
Kyung-tae Kim, \$196,040	66-67-65-66—268
Carl Peterson, \$196,040	65-70-63-69—268
Vijay Singh, \$196,040	65-69-68-65—268
Jim Furyk, \$196,040	65-67-68-67—268
Chaz Reavie, \$140,400	66-68-68-65—268
Camilo Vazquez, \$140,400	70-64-68-66—268
Jason Bohn, \$101,920	65-68-67-69—268
Joe Durant, \$101,920	67-70-67-65—268
Davis Love III, \$101,920	67-70-66-66—268
John Mallinger, \$101,920	68-65-65-71—268
Scott McCarron, \$101,920	67-68-69-65—268
Retief Goosen, \$65,780	67-65-68-67—268
Justin Leonard, \$65,780	66-67-68-69—268
Pat Perez, \$65,780	66-67-68-69—268
David Toms, \$65,780	66-66-67-69—268
Harold Price, \$65,780	67-68-65—268
Hon Flanagan, \$65,780	70-64-67-69—268
Jason Snodgrass, \$65,780	66-65-68-71—268
Daniel Summeryhars, \$65,780	65-67-69-65—268
David Toms, \$65,780	65-68-68-70—268
Tim Herron, \$40,560	65-68-68-70—268
Jarro Lee, \$40,560	66-66-68-68—268
John Rollins, \$40,560	67-67-68-69—268
Josh Teater, \$40,560	70-67-66-66—268
Michael Thompson, \$40,560	68-69-66-68—268
Blake Adams, \$28,964	68-65-70-69—268
Stuart Appleby, \$28,964	64-67-70-71—268
Brian Baird, \$28,964	68-69-68-67—268
Ernie Els, \$28,964	65-66-69-72—268
Lucas Glover, \$28,964	70-65-69-68—268
Billi Horschel, \$28,964	67-67-66-72—268
Brandt Jobe, \$28,964	69-67-67-69—268
Marc Leishman, \$28,964	68-68-67-69—268
Rod Lampman, \$28,964	69-68-66-69—268
Alexandre Rocha, \$28,964	65-66-70-70—268
Skip Blanks, \$19,240	69-65-70-70—268
Brendon de Jonge, \$19,240	69-67-65-72—268
Tom Gillis, \$19,240	68-68-68-69—268
Bill Lunde, \$19,240	67-67-68-71—268
Will Mackenzie, \$19,240	68-65-71-69—268
Nick O'Hern, \$19,240	68-68-67-70—268
Kevin Stadler, \$19,240	69-65-68-71—268
Chad Campbell, \$13,749	67-67-68-71—268
Paul Casey, \$13,749	65-67-69-73—268

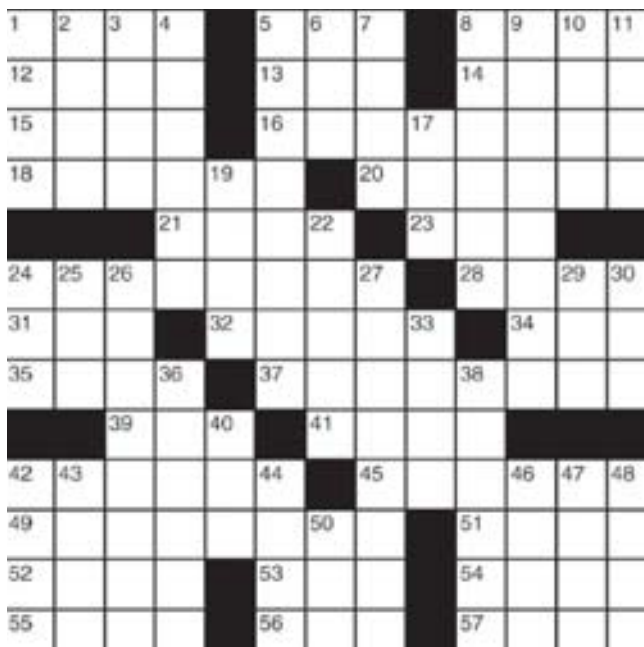
Crossword

Across

- 1 Reason to scratch
5 Droop
8 "Arrivederci, —"
12 "Scat, gnat!"
13 Oklahoma city
14 Dutch cheese
15 Admonition to Nanette
16 Popular board game
18 Cold, treeless terrain
20 Folklore figures
21 Part mine, part yours
23 Consumed
28 Obelisk, e.g.
28 Use a swizzle stick
31 Paid athlete
32 Continental money
34 Historic period
35 Mannered man
37 Pocket embroidery, maybe
39 Scatter seeds
41 Horseback game
42 Headache aid
45 Deodorant type
49 Carbon —
51 Queen of Carthage
52 As well
53 Regret
54 Love child?
55 Encounter
56 — Angeles
57 Quaint "not"

Down

- 1 "— that cute?"
2 Biblical pronoun
3 Mass. neighbor
4 Hex



- 5 Metal used in magnets
6 Commotion
7 Group of hoodlums
8 Moves a fern, maybe
9 Device measuring distance traveled
10 Having XY chromosomes
11 Poehler and Adams
17 — shoestring
19 Regulation
22 Razor sharpener
24 Gasoline stat
25 Raw rock
26 Baloney
27 Award winners
29 A Gershwin
30 Aries
33 Unaccompanied
36 Additionally
38 — Gate Bridge
40 Candle material
42 Mosque VIP
43 Composer Porter
44 Young female
46 Old Italian money
47 Smell
48 Inquisitive
50 Pair on stage

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Princess - Sweetie, how r you? Why r u mad at me? You know I love you n miss you crazy. Hopefully things are OK with you. How much I miss that lovely face, blue eyes n big smile of you, you have no clue! Take care pl...have lovely weekend. Sending you love, kiss, hugs n prayers. Sleep well, lots of rest pl. FROM MISSING MY HEARTBEAT

Alyssa B without saying anything. The way you hug me. The way your smile brightens the room. The way we have the most fun random times together. The way you say you miss me after not seeing me for only a couple of days. The way you let me hold your hand. The way you care so much about me. The way you dress. The way you sing in the car. Everything you do makes me fall for you. and I don't think you have a clue! FROM ERIC M

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 9° Max 26°	Min 11° Max 21°	Min 14° Max 23°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 A parting of the ways looks increasingly likely and if you are smart you won't try to stop it.
♉ Taurus April 21-May 21 You can sense that your life is about to become a lot more fun — and you're right, it is.
♊ Gemini May 22-June 21 Most of the time your head rules your heart but today your feelings will be much more intense than usual.
♋ Cancer June 22-July 22 You will make more sense of your life when the Sun changes signs to-

morrow.
♌ Leo July 23-Aug. 23 Watch what you spend over the next 24 hours — you're going to need every last cent.
♍ Virgo Aug. 24-Sept. 22 The Sun moves into your birth sign tomorrow. Is that good news? Too right!
♎ Libra Sept. 23-Oct. 23 You seem rather unsure of yourself at the moment. Why is that?
♏ Scorpio Oct. 24-Nov. 22 Before you commit yourself to something new make sure you have a get-out clause, because what looks

For today's crossword answers and for expanded horoscopes, go to metronews.ca

like a great deal today won't look so good tomorrow.
♐ Sagittarius Nov. 23-Dec. 21 If you are a Sagittarius with big ambitions you could hardly ask for a better cosmic set-up.
♑ Capricorn Dec. 22-Jan. 20 Your confidence is on the rise
♒ Aquarius Jan. 21-Feb. 18 Make the most of the week to come because the Sun's change of signs will bring new openings and opportunities.
♓ Pisces Feb. 19-March 20 You could probably do with a rest. So have one. **● SALLY BROMPTON**

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS

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A celebration of African Dance, Arts, Music, Culture...

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5 pm - 1 am
Coast Edmonton Plaza 10155 105 St.
Edmonton, AB

Tickets: \$60

African Dance Festival Free!
August 27 - 28
10 am - 9 pm
Sir Winston Churchill Square, Edmonton, AB

Contact Adaku 780 200 8351
info@edmontonafricandancefestival.com
www.edmontonafricandancefestival.com

Performing LIVE from New York: Emma Agu (only African who performed @ President Obama's Inauguration), Chisom Oz Lee, Chisom Orji!



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